

CITY OF TORRANCE

# 5-0 AND ON THE GO!

PROMOTING FITNESS, FUN, AND FRIENDSHIPS

January & February 2022

## IT'S TIME TO RENEW YOUR 5-0 AND ON THE GO! MEMBERSHIP!

*5-0 and on the go!* Membership dues are \$5.00 per person.

Persons who live outside of Torrance are welcome to join. Your membership includes: The bi-monthly *5-0 and on the go!* newsletter, announcing special events, exercise classes, Senior Centers schedules, activities, lunch menus, and much more!

**PLEASE RENEW YOUR MEMBERSHIP BY FEBRUARY!**

### TO RENEW YOUR MEMBERSHIP:

- Complete the enclosed registration card (If the card is missing, they are available at Bartlett Center) Couples may use one card by including both names on the same card.
- Be sure to include apartment or space number and zip code. Please print legibly!
- Mail the registration card, a self-addressed stamped envelope and a check payable to the City of Torrance To: Bartlett Senior Center, 1318 Crauens Ave. Torrance, CA 90501
- For in person registration, bring your registration card with cash or check to the Bartlett Center.

## WHAT'S INSIDE?

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# **WHAT TO EXPECT WHEN YOU RETURN TO THE BARTLETT SENIOR CENTER**

**\*Reservation required for lunch service**

**\*Masks are required indoors**  
(exception: while eating)

**\*Must check-in at the front desk**

**\*Signed waiver required prior to entering:**

To access the Participant waiver, go to:

***<https://www.torranceca.gov/our-city/recreation/seniors>***

Print and complete the form and bring it to Bartlett Center or complete the form at the front desk.

## **SENIOR COVID-19 INFO HOTLINE (310) 320-5918**

Call for information about resources for seniors or if you have any questions about what Torrance is doing for seniors.

**Continue to check our webpage for announcements**  
**[www.torranceca.gov/our-city/recreation/seniors](http://www.torranceca.gov/our-city/recreation/seniors)**

## **Coming Soon to Bartlett Center . . .**

OLEF Optimum Life Educational Foundation Classes  
Free Computer Training at Bartlett Center  
Call 310 320-5918 for more information!

# Commission on Aging

The Commission deals with the needs and issues confronting senior citizens in the community and provides a voice for senior citizens as a community group.

**The Commission meets the 1st Tuesday of the month at 9:30a.m.**

(except June and December)

**Join the Commission on Aging via ZOOM**

link <https://bit.ly/3pgw9Ue>

Meeting ID: 959 1027 5319

Passcode: 121215

or by calling in with the phone number listed below:

Phone number: 1-669-900-9128

We invite all seniors to join, to get updated information on what's happening in your community.

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## TUSD Exercise Classes

### Cardio Salsa

Fridays

January 14 - March 18, 2022

(No class on 2/11/22)

Intermediate: 9:30a.m. - 11:00p.m. \$79.00

Beginning: 11:10a.m. - 12:10p.m. \$55.00

at Ken Miller Recreation Center

3330 Civic Center Drive, Torrance

**Contact Torrance Adult School for class information**

**Co-Sponsored by Torrance Adult School (310) 533-4689**



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## BARTLETT CENTER'S LAPIDARY WORKSHOP

The Lapidary workshop is open every Monday, Wednesday, and Thursday morning from 9:30a.m. to 12noon. Lapidary is the practice of shaping stone, minerals, or gemstones into decorative items such as cabochons, engraved gems, and faceted designs. Safety glasses or goggles are required. Participants must wear face coverings and remain 6 feet from other participants at all times (face coverings with one-way valves are not permitted). Fee: \$2.00

Please call Bartlett Center at 310-320-5918 for more information.



# STAY CONNECTED ONLINE

Please note: Online programming may be cancelled or rescheduled at any time.

Please check our webpage for current information: <https://www.torranceca.gov/our-city/recreation/seniors>

## PLAY BRIDGE ONLINE



**TUESDAYS at 10:30AM**

Join us weekly ONLINE for a fun game of bridge.

**To join Bridge Club  
contact (310) 320-5918.**

*Instructions & a link will be sent to you.*

**TUESDAYS at 2:00PM**



**January 4 & 18  
February 1 & 15**



**January 11 & 25  
February 8 & 22**

Join ZOOM meeting: <https://zoom.us/j/95169332388?pwd=QU80STdGSi9Pb2xackFybE1SNlVlUT09>

**Meeting ID: 951 6933 2388**

**Passcode: GAME**

**First and Third Thursdays at 2:00PM**



## WHEEL-LESS OF FORTUNE



Join Zoom Meeting: <https://zoom.us/j/94637847482?pwd=ekdYMnJqeWJZWJJCWTVMUWZmZTFHZZ09>

**Meeting ID: 946 3784 7482**

**Passcode: 2021**

**Need help? Call Bartlett Center at (310) 320-5918 for staff assistance.  
ZOOM links and Bingo cards can be emailed to you.**



City of Torrance Community Services Department \* RECREATION DIVISION  
3031 Torrance Blvd., Torrance, CA 90503 \* 310-320-5918 \* [www.Recreation.TorranceCA.Gov](http://www.Recreation.TorranceCA.Gov)  
"Creating and Enriching Community through People, Programs and Partnerships"

# FREE Tax Preparation

*AARP Tax-Aide  
provides FREE  
tax assistance to  
low-to moderate-  
income taxpayers.*

*IRS trained and  
certified Volunteers  
will prepare Federal  
and CA returns*

## AARP Tax-Aide

This program is a  
cooperative effort  
of the AARP  
Foundation/IRS and  
the City of Torrance  
Community Services  
Department

**BY APPOINTMENT ONLY**

**NO WALK-INS**

**AARP membership not required**

**REGISTER ONLINE AT**

**[www.taxaide-southbay.org](http://www.taxaide-southbay.org)**

**CALL (310) 320-5918 FOR INFORMATION**

**MONDAY and Wednesday Only**

**February 2 – April 18, 2022**

**9:00 a.m. – 2:30 p.m.**



**City of Torrance • Community Services Department  
RECREATION DIVISION**

**310/618-2930 • [www.Recreation.TorranceCA.Gov](http://www.Recreation.TorranceCA.Gov)**

*"Creating and Enriching Community through People, Programs and Partnerships"*

# SENIORS TECHNOLOGY DAY

SENIORS BRING YOUR LAPTOP,  
TABLET, OR SMARTPHONE AND  
LEARN HOW TO USE THEM  
MORE EFFICIENTLY! PAIR UP  
ONE-ON-ONE WITH A HIGH  
SCHOOL STUDENT AND GET ALL  
YOUR QUESTIONS ANSWERED!



Bartlett Center  
1318 Cravens Avenue in  
Torrance



Saturday, February 5, 2022  
9:00a.m. to 12noon



Sponsored by the Torrance Youth  
Council and volunteers from each  
of the Torrance high schools



City of Torrance Community Services Department RECREATION DIVISION  
3031 Torrance Blvd., Torrance, CA 90503 ~310-320-5918 ~ [www.Recreation.TorranceCA.Gov](http://www.Recreation.TorranceCA.Gov)  
"Creating and Enriching Community through People, Programs and Partnerships"



## **CHAIR FUSION**

Increase flexibility and strength through Yoga stretches while seated - some standing optional.

Learn relaxation techniques!

**Wednesdays, January 12 - March 16, 2022**

**10:00- 11:15a.m.**

**INSTRUCTOR: Sharmone La Rose**

**Suggested donation: \$36.00 (10 sessions)**

## **FITNESS DIFFERENCE**

Improve agility, balance and co-ordination in this class.

Exercise will include active movement, floor work, and strengthening with bands and light weights.

**Mondays, Wednesdays, & Fridays**

**January 10 - March 18, 2022**

**(No class on January 17, February 11, and February 21)**

**8:00 - 9:15a.m.**

**INSTRUCTOR: Bonnie Wulff**

**Suggested donation \$100**

**(Class meets 3 times/week - 30 sessions)**

**Register at [www.OLEFclasses.com](http://www.OLEFclasses.com)**

**For more information, please call (562) 714-1019**

**Classes meet at Bartlett Center  
1318 Cravens Avenue in Torrance**

**These classes are sponsored by OLEF, Optimum Life Educational Foundation, a non-profit organization that sponsors classes, lectures and activities for participants 55 + and the City of Torrance Community Services Department.**

**Bartlett Senior Center  
1318 Cravens Avenue in Torrance  
310 320-5918**

# **FREE Computer Training for Seniors**



**You'll learn to use your computer, tablet, and cell phone,  
send photos to friends and family, access, read, and send  
email & text messages, and much more!**

**2nd & 4th Thursday of each month by appointment  
2:00 to 3:00p.m.**

**To make an appointment, call 310 320-5918**

**City of Torrance Community Services Department RECREATION DIVISION  
3031 Torrance Blvd., Torrance, CA 90503 310-320-5918 [www.Recreation.TorranceCA.Gov](http://www.Recreation.TorranceCA.Gov)  
"Creating and Enriching Community through People, Programs and Partnerships"**



# Word Search

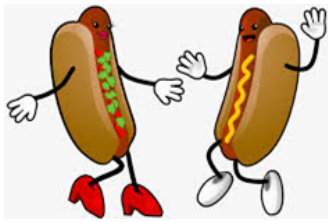
## Winter Wonderland



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MITTENS  
 FROSTBITE  
 SKIING  
 FREEZING  
 TOBOGGAN  
 WONDERLAND  
 SNOW SAUCER  
 SNOWFLAKE  
 FIREPLACE  
 SLEET  
 ICE FISHING  
 SNOWSUIT  
 SNOWFALL  
 SNOW ANGELS  
 BLIZZARD  
 SNOWMAN  
 SLEDDING  
 NIPPY  
 SKATING  
 SLUSH  
 GLOVES  
 ICICLE  
 FROSTY





# Bartlett Café

Bartlett Senior Citizens Center Lunch Program ~ January 3 - 28, 2022

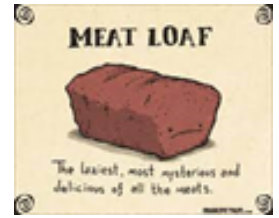
1318 Cravens Avenue, Torrance


11:30a.m.

\$3.00 per lunch; Coffee & Tea 50¢ (free refills)

RESERVATIONS REQUIRED.

FOR RESERVATIONS, PLEASE CALL: 310-320-5918



Monday, Jan. 3	Tuesday, Jan. 4	Wednesday, Jan. 5	Thursday, Jan. 6	Friday, Jan. 7
<b>Chicken</b> <b>Enchilada</b> <b>Casserole</b> <b>Spanish Rice</b> <b>Chips &amp; Salsa</b> <b>Vanilla Pudding</b>	<b>Oven Fried Fish</b> <b>Scalloped Potatoes</b> <b>Vegetable</b> <b>Dessert</b>	<b>Meat Lasagna</b> <b>Caesar Salad</b> <b>Garlic Toast</b> <b>Birthday Cake</b>	<b>½ Ham &amp; Cheese</b> <b>Sandwich on Rye</b> <b>3-Bean Salad</b> <b>Fritos®</b> <b>Dessert</b>	<b>Pizza</b> <b>Green Salad</b> <b>Garlic-Cheese</b> <b>Toast</b> <b>Ice Cream</b>
Monday, Jan. 10	Tuesday, Jan. 11	Wednesday, Jan. 12	Thursday, Jan. 13	Friday, Jan. 14
<b>Bacon, Lettuce, &amp;</b> <b>Tomato Sandwich</b> <b>Macaroni Salad</b> <b>Potato Chips</b> <b>Jello w/ Fruit</b>	<b>Spaghetti w/</b> <b>Meat Sauce</b> <b>Green Salad</b> <b>Garlic-</b> <b>Cheese Toast</b> <b>Ice Cream</b>	<b>Bean &amp;</b> <b>Cheese Burrito</b> <b>Spanish Rice</b> <b>Chips &amp; Salsa</b> <b>Dessert</b>	<b>Baked Chicken</b> <b>Wild Rice Medley</b> <b>Vegetable</b> <b>Dessert</b>	<b>Clam Chowder</b> <b>½ Sandwich</b> <b>Chips</b> <b>Dessert</b>
Monday, Jan. 17	Tuesday, Jan. 18	Wednesday, Jan. 19	Thursday, Jan. 20	Friday, Jan. 21
 <b>Bartlett Center</b> <b>is Closed</b>	<b>Shepherd's Pie</b> <b>Steamed Rice</b> <b>Vegetable</b> <b>Dessert</b>	<b>Baked Fish</b> <b>w/ Dill Sauce</b> <b>Peas &amp; Carrots</b> <b>Potato Wedges</b> <b>Dessert</b>	<b>Spinach,</b> <b>Mushroom,</b> <b>&amp; Cheese Quiche</b> <b>Breakfast Sausage</b> <b>Potatoes O'Brien</b> <b>English Muffin</b> <b>Dessert</b>	<b>Chicken &amp;</b> <b>Dumplings</b> <b>Green Salad</b> <b>Dessert</b>
Monday, Jan. 24	Tuesday, Jan. 25	Wednesday, Jan. 26	Thursday, Jan. 27	Friday, Jan. 28
<b>Beef Stew</b> <b>Green Salad</b> <b>Biscuit</b> <b>Dessert</b>	<b>Chicken Fajitas</b> <b>Spanish Rice</b> <b>Refried Beans</b> <b>Chips &amp; Salsa</b> <b>Dessert</b>	<b>Meat Loaf</b> <b>Mashed Potatoes</b> <b>Vegetable</b> <b>Dessert</b>	<b>Fish &amp; Chips</b> <b>Cole Slaw</b> <b>Dessert</b>	<b>Sweet &amp;</b> <b>Sour Pork</b> <b>Steamed Rice</b> <b>Fortune Cookies</b>

**HAPPY NEW YEAR**  
**2022!**

# Bartlett Café

Bartlett Senior Citizens Center Lunch Program ~ January 31 - February 25, 2021

1318 Cravens Avenue, Torrance



11:30AM

\$3.00 per lunch Coffee & Tea 50¢ (free refills)

RESERVATIONS REQUIRED.

FOR RESERVATIONS, PLEASE CALL: 310-320-5918



Monday, Jan. 31	Tuesday, Feb. 1	Wednesday, Feb. 2	Thursday, Feb. 3	Friday, Feb. 4
Herbed Baked Fish Rice Pilaf Vegetable Dessert	Soup du Jour ½ Sandwich Sun Chips® Dessert	Roast Pork Mashed Potatoes Peas & Carrots Cole Slaw Dinner Roll Birthday Cake	Teriyaki Chicken Steamed Rice Vegetable Egg Roll Dessert	Pizza Green Salad Garlic-Cheese Toast Ice Cream
Monday, Feb. 7	Tuesday, Feb. 8	Wednesday, Feb. 9	Thursday, Feb. 10	Friday, Feb. 11
Spaghetti w/ Meat Sauce Green Salad Garlic- Cheese Toast Ice Cream	Bacon, Lettuce, & Tomato Sandwich Macaroni Salad Potato Chips Jello w/ Fruit	Bean & Cheese Burrito Spanish Rice Chips & Salsa Dessert	Baked Chicken Wild Rice Medley Vegetable Dessert	 Lincoln's Birthday  Bartlett Center is Closed
Monday, Feb. 14	Tuesday, Feb. 15	Wednesday, Feb. 16	Thursday, Feb. 17	Friday, Feb. 18
Shrimp Scampi on Angel Hair Pasta Green Salad Garlic- Cheese Bread Dessert	Chili & Beans Green Salad Cornbread Dessert	Cheese Ravioli w/ Meat Sauce Green Salad Garlic- Cheese Bread Dessert	Fish Tacos Spanish Rice Refried Beans Chocolate Pudding	Oven Fried Chicken Scalloped Potatoes Vegetable Dessert
Monday, Feb. 21	Tuesday, Feb. 22	Wednesday, Feb. 23	Thursday, Feb. 24	Friday, Feb. 25
<b>Presidents' Day</b>  Bartlett Center is Closed	Salisbury Steak Mashed Potatoes Mixed Vegetables Dessert	Baked Fish Wild Rice Medley Vegetable Dessert	Clam Chowder ½ Sandwich Chips Dessert	Chef Salad Croissant Dessert





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**CITY OF  
TORRANCE**

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**Community Services Department**  
3031 Torrance Boulevard  
Torrance, CA 90509-2970

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